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AS THE COUNTRY'S B-DAY DRAWS NEAR, TRY THIS CROSS-CANADA SALAD PAGE 17

BUTTING HEADS

Germany's Mesut Ozil, centre, goes for a header with the United States' Omar Gonzalez, right, during a Group G World Cup soccer match on Thursday. Germany beat the U.S. 1-0, but both teams advanced to the knockout stage. For more on the Cup, see page 21.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Vehicle insurance rates to go up in Saskatchewan

SGI. Province approves 3.4 per cent auto hike

MARCO VIGLIOTTI
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Drivers in Saskatchewan will soon dig deeper into their pockets for vehicle insurance.

And that news on Thursday came a day after homeowners in the province learned they are also about to pay much more for natural gas.

The provincial government announced it has approved a 3.4 per cent overall increase to Saskatchewan Government Insurance's Auto Fund rates, along with a one per cent hike to the capital amount on all rates.

"Saskatchewan's auto insurance rates will continue to be among the lowest in Canada," Don McMorris, minister responsible for SGI, said in a prepared statement. "Rate rebalancing is necessary to ensure fairness."

Quoted

"SGI has a monopoly, so they don't have that same competitive force pushing them to be more and more efficient." Colin Craig, Prairie region director of The Canadian Taxpayers Federation

Under the approved financing model, 82 per cent of Saskatchewan vehicle owners will see a rate hike, with the average annual increase totalling $44. However, another 17 per cent of drivers will actually see their rates drop by an average of $12 annually. Approximately 6,000 remaining drivers will see no changes.

McMorris attributes the rate increase to growing auto body costs.

SGI, he explained, recently reached an agreement with the province's collision repair industry that sees such costs increase.

"In order to maintain a neutral balance ... rates had to increase to offset some of those (costs)," McMorris added.

The Canadian Taxpayers Federation, however, says the insurance hike outstrips any income gains experienced by Saskatchewan ratepayers during the past year. Colin Craig, Prairie region director for the CTF, has called for the Saskatchewan Party government to further open the province's insurance sector to private companies in a bid to keep prices more affordable.

"The best way to keep costs competitive ... is to have a competitive system," Craig added.

"SGI has a monopoly, so they don't have that same competitive force pushing them to be more and more efficient."

The new rate scheme will go into effect on Aug. 31.

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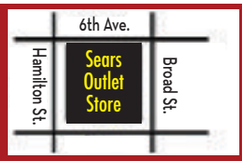

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$175 ticket

Booster seat rules to go into effect Friday

Drivers in Saskatchewan can face a $175 fine if children under the age of seven — less than 145 centimetres in height and under 36 kilograms — are not secured in booster seats while riding in vehicles.

The fine, taking effect on Friday as part of a sweeping overhaul of provincial road regulations, is the amount charged for an adult failing to wear a seatbelt.

Saskatchewan Government Insurance, though, is offering a grace period for those caught in violation of the new law as part of what it calls a "positive enforcement" initiative.

Instead of tickets, police in Saskatchewan in July will provide drivers with coupons redeemable at SGI claims centres for free booster seats.

The initiative is part of an SGI partnership with Canadian Tire that will see the national retail giant donate 200 booster seats for the educational blitz.

MARCO VIGLIOTTI/METRO

Maple Creek

Motorcyclist killed in collision

A 47-year-old man driving a motorcycle was killed on Thursday in a collision north of Maple Creek, Sask., at the intersection of highways 1 and 21.

Maple Creek RCMP received word of the crash about 9:30 a.m., and the victim was pronounced dead at the scene.

The man driving the truck did not sustain serious injuries. METRO

This Saskatchewan Roughriders ring is up for sale on Kijiji for $35,000 by an anonymous seller. Inset, a rear view of the ring. KIJIJI

Roughriders ring up for sale online

2013 Grey Cup. Less than a month after rings given out, one pops up on Kijiji

SARAH TAGUIAM
sarah.taguiam@metronews.ca

A die-hard Saskatchewan Roughriders fan can own a piece of the team's most recent championship after a 2013 Grey Cup ring was recently put on Kijiji.

The white gold, diamond and emerald-encrusted ring is being offered on the buy-and-sell website for $35,000 by an anonymous seller. It was posted on Regina's Kijiji site on Wednesday, less than a month after the rings were awarded to Riders players, staff and directors on May 30.

"A lot of people have been calling about it and I'm looking for the best price," said the seller, who did not give his name during a short phone interview.

According to him, some fans have offered as much as $25,000.

"I've had some people ask for a lower price but if I can't find the right price, I'll keep it," the seller said, calling from a Maryland area code.

"It looks like the real ring, from what I've seen," said Michellea Sorensen, manager of Royalty Goldsmiths in Regina.

"But $35,000 is overpriced ... when it's fairly new and you can build one from scratch for $10,000 to $15,000."

Other CFL championship rings have been sold in the past. Former Riders player Tristan Clovis put his 2007 ring up for sale.

"Championship or team rings don't normally come up in the market," Sorensen said, "and when they do, they usually go to private markets for private collectors."

The Roughriders defeated the Hamilton Tiger-Cats 45-23 to win the Grey Cup last November. The winners were given rings weighing 78 grams and made of 10-karat white gold and more than two-carats of diamonds and emeralds, according to the Roughriders website.

By Thursday afternoon, the Kijiji advertisement had garnered more than 10,000 page views.

The Roughriders declined to comment on the ring's potential sale.

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Bumper crop, investments swell up provincial coffers

More than $400M extra. Fat annual surplus thanks to more revenue, less spending

A bumper crop and higher returns on investments boosted the Saskatchewan government's bottom line in the last fiscal year.

Public accounts released on Thursday show the province finished the year in March with a surplus of $589 million — $439 million higher than forecast in the 2013-14 budget.

"We know that revenue is up slightly and expenses were down, and if you have both of those things occurring, the result is that the province is doing well," said Finance Minister Ken Krawetz.

Revenue was $14.4 billion while expenses totalled $13.8 billion, which was $200 million lower than anticipated.

The bottom line initially took a hit because of lower than expected revenue from potash.

Overall, however, the province took in more money from insurance sector investment income, including from the Saskatchewan Auto Fund, and from taxes, such as a four-cent increase on tobacco that brought in an additional $23 million.

The government's sale of a 69 per cent ownership in Information Services Corp. last July also meant a gain of $141 million.

Spending was down because agricultural expenses were 37 per cent lower than budgeted due to a record crop.

THE CANADIAN PRESS

Saskatchewan Agriculture Minister Lyle Stewart poses on his combine during the harvest period in the fall of 2013, just west of Regina. Crops in the province last year were among the factors boosting the government's financial position. ROSS ROMANIUK/METRO FILE

Breathing life into Saskatchewan's ghost towns

Saskatchewan-born graphic designer Nigel Hood creates logos for 121 of the province's ghost towns. CONTRIBUTED

Saskatchewan-born graphic designer Nigel Hood is breathing life into some of the province's ghost towns, one illustration at a time.

Hood, originally from Weyburn, now lives in Edmonton. He recently started creating logos — or would-be town crests — for each of 121 of Saskatchewan's ghost towns.

"The towns haven't been touched by town logos, so I try to give them one to make them 'real,'" Hood said.

The project came to him during long drives he takes around three times a year from Alberta to Saskatchewan.

"I always see these dilapidated towns that have so much history … and I just wanted to tell the story that they were there, and have them remembered," he explained.

Most of the towns were built around railways. According to Hood, they were gradually abandoned in the 1920s after the advent of motor vehicles when travelling became easier and residents moved to bigger cities such as Regina, Saskatoon and Moose Jaw.

Some of the towns he has tried to immortalize include those with names such as Yonkers, Romance, Robinhood, Old Wives and Canuck.

He pinpoints the exact location of the ghost towns by researching them online and consulting geography enthusiasts and leads from families and friends.

Hood works on one town logo every day, and posts them on Instagram. Once he's finished coming up with the logos for the 121 towns, he plans to compile them into a poster and sell the finished product through the Etsy online shop.

"Some people seem to want to look back into these things to reminisce," he said.

"And I feel like through this project, I get to learn a little bit more about Saskatchewan — and that's always great."

SARAH TAGUIAM/METRO

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Growers of medical marijuana put illegal grow-ops to shame

First Harvest. Metro reporter gets a peek at modern Ontario facility

JESSICA SMITH CROSS
Metro in Toronto

The 55,000-square-foot MedReleaf warehouse in Markham, Ont., is unassuming from the outside with the exception of a faint but recognizable smell.

Metro agreed to keep the exact location of the medical marijuana production facility a secret to protect the people who work there and the thousands of plants inside.

The company is one of 20 marijuana producers licensed by Health Canada so far.

Medical pot hangs in the drying room of the MedReleaf plant in Markham. COURTESY ALEXANDER E. REPETSKI/MEDRELEAF

AUGMENTED REALITY

→ Take a deeper look inside MedReleaf's Markham, Ont., facility by scanning the photo with your Metro News app and viewing a photo gallery of reporter Jessica Smith Cross's tour.

→ See the full instructions on Metro's Voices page.

The Tour

Inside MedReleaf's pot plant, workers and guests are constantly monitored on video surveillance, mandated by Health Canada. The doors between growing rooms are secured with electronic locks.

Before seeing any marijuana, our small group — which includes MedReleaf COO Tom Flow, head of quality assurance Angelo Fefekos and communications staff — enters a decontamination room, puts on white clean-room suits, hair nets, gloves and booties, and passes through an airlock.

That level of contamination control is not mandatory, but MedReleaf trademarked its marijuana as "medical grade standard" pot, so the procedures are in line with those at pharmaceutical facilities that make traditional drugs.

Everything from the flooring to the HVAC is engineered to keep things hygienic, and the plant meets the ISO class 8 standard, like an operating room, according to Fefekos, whose previous job was manager of Diagnostic Medical Genetics at Mount Sinai Hospital in Toronto. Fefekos was recruited by MedReleaf CEO Neil Closner, who was vice-president of Business Development at the hospital.

The 'mother room'

After the airlock, we enter the "mother room," where there are rows of pot plants under 1,000-watt bluish lights. Here are the 23 strains of pot the company is currently producing. Some are varieties Canadian consumers are familiar with, and have words like kush and skunk in their names.

Others come from the Tikun Olam company of Israel, which has been growing medical marijuana for about a decade. A signature strain — Avidekel — is high in cannabidiol (CBD), a non-psychoactive anti-inflammatory, but very low in tetrahydrocannabinol (THC), the chemical that gets users high.

Other strains have high THC and CBD, others are in between. Breeders work from seeds and cross-breed strains.

Clippings from the mother plants, called clones, are kept in a high-humidity "clone room" where they grow roots over seven to 14 days.

Next they're transferred to one of the "flower rooms," where 2,000 to 6,000 plants grow under red spectrum light, are fed a nutrient solution pumped in from an irrigation system, and trimmed.

The Markham pot plant itself is still growing, but according to MedReleaf, it will soon have 10 flower rooms and grow about 150,000 pot plants without pesticide.

When ready for harvest, the plants go to the trimming room. Everything that goes in and out is weighed so nothing goes missing.

The air quality in the trimming room is tested by an air particle counter — dubbed by employees as R2D2 — and employees' gloved hands are tested for contaminants. Health Canada doesn't mandate midstage tests like these.

"It's the only way I know how to make a medicine," explained Fefekos.

Employees pick off the leaves and trim the buds before they're hung across metal wire to dry in the drying room, where, on the first day of harvest, a Bob Marley song plays.

When the buds are dry, they'll be either quarantined or released by Health Canada.

All the pot that's good to go will be vacuum-sealed and mailed in unmarked packages.

Any pot that's stored is kept in a vault with two complex locks behind a giant blue cage, which is also locked and secured with an alarm.

The first day of the first harvest was a big deal for some of the employees. Facilities manager Ori Sher said he never expected to find himself doing this. "I was in the IT business for years," he said. "This is pretty far from IT."

Cashing in

A growing industry?

Even though it has yet to ship any pot, executives at MedReleaf see a big future for medical cannabis.

"We can service well over 10,000 patients from this building and we're already looking at expanding to other facilities," said CEO Neil Closner. "We believe it could be quite a big market for those producers who can produce at a level that not only patients want, but physicians feel comfortable prescribing."

According to the government, 920 companies have applied to become producers so far. Of those, 20 have been approved, 407 were returned as incomplete, 163 were refused, 34 were withdrawn by the applicant and 296 are currently being reviewed.

Some companies have elected to raise funds from the market. Several stocks posted big gains just by announcing plans to get in on the medical marijuana market that the Canadian Securities Administrators issued a warning.

"There's clearly a bit of a mania going on, a bubble going on with people rushing to invest in gold-mining companies that all of a sudden add 'marijuana' to their business name and all of a sudden the stock goes up by tenfold in one day," said Closner.

MedReleaf elected to go with private investors who pitched in significant capital to build the company — including its Markham pot plant — because they believe in the product and the investment.

MedReleaf expects to ship its first harvest in a few weeks.

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A united front. Iraq's VP takes first step toward forming new government

Iraq's vice-president called on parliament Thursday to convene next week, taking the first step toward forming a new government to present a united front against a rapidly advancing Sunni insurgency as a bombing killed 12 people in a Baghdad Shiite neighbourhood and police found eight more bullet-riddled bodies south of the capital.

Britain's top diplomat, visiting Iraq, urged its leaders to put aside their differences for the good of the nation. And in Paris, Secretary of State John Kerry met with the United States' top Sunni state allies in the Mideast to consider how to confront the growing turmoil.

Prime Minister Nouri al-Maliki's Shiite-led political bloc won the most seats in April 30 elections — with 92 seats out of the 328 — but he needs support from other parties for a majority that would give him the right to govern. An increasing number of critics, both in Iraq and abroad, now want him to step down, saying his failure to promote national reconciliation fuelled the insurgency by needlessly angering Sunnis.

Some Iraqi politicians favour forming an interim government that could provide leadership until a more permanent solution can be found. Al-Maliki, however, has insisted the constitutional process must be allowed to proceed.

In a statement, Vice-President Khudeir al-Khuzaie ordered the new parliament to hold its first session on Tuesday.

Constitutionally, the next step would be to elect a speaker and two deputies, then within 30 days to choose a new president who then has 15 days to ask the largest bloc to choose a prime minister and form the new government.

THE ASSOCIATED PRESS

Quoted

"We believe the urgent priority must be to form an inclusive government"

William Hague, British foreign secretary, on Iraq

US Secretary of State John Kerry, centre, walks to the U.S. Embassy in Paris on Thursday. Kerry hosted urgent talks with Gulf allies and Jordan Thursday to address the widening crisis in Iraq. BRENDAN SMIALOWSKI/THE ASSOCIATED PRESS

Fleeing Ukrainians seek safety in Russia

Leaving by the thousands. Exodus comes as Ukraine calls on Russia to support peace plan 'with deeds, not words'

Thousands of Ukrainians in cars stuffed with belongings lined up Thursday at the eastern border to cross into Russia, with some saying they felt betrayed by their government and vowing never to return.

A commander at the rebel-controlled border post southeast of the city of Luhansk said 5,000 people had left by evening, joining a stream he said has continued unabated through a shaky ceasefire set to expire on Friday.

Tens of thousands of Ukrainians have sought safety in Russia since the fighting began two months ago between government troops and Moscow-backed separatist fighters.

Ukrainian President Petro Poroshenko on Thursday called on Russia to support his peace plan "with deeds, not words" as the weeklong ceasefire neared its end in Russian-speaking eastern Ukraine.

German Chancellor Angela Merkel and U.S. Secretary of State John Kerry said they, too, were looking for more action from Moscow ahead of a summit on Friday of European Union leaders, who will be considering a new round of punitive sanctions on Russia.

The summit also will see Ukraine sign a sweeping trade agreement with the EU that will bind it more closely to the West. It was the former Ukrainian president's sudden decision late last year to back out of the EU deal under pressure from Russia that led to his ouster and triggered the current crisis.

Poroshenko announced Thursday that representatives of the mutinous regions have agreed to talks with the Russian ambassador, a former Ukrainian president representing Poroshenko, and a European envoy. The first round of talks on Monday brought rebel leaders to the negotiating table for the first time. THE ASSOCIATED PRESS

People carry their belongings as they walk to cross the border into Russia at the Ukrainian-Russian border checkpoint in Izvaryne, Ukraine, Thursday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Fighting during ceasefire

The United Nations estimates that 423 people, including servicemen and civilians, were killed in eastern Ukraine between April 15 and June 20.

- Even though some rebel groups agreed to observe the ceasefire, Poroshenko said 18 government troops have been killed this week. Separatist leaders have also reported deaths among rebel fighters.
- Speaking at the Parliamentary Assembly of the Council of Europe in Strasbourg, France, on Thursday, Poroshenko urged Moscow to stop the flow of fighters from Russia and take other steps to end the conflict.

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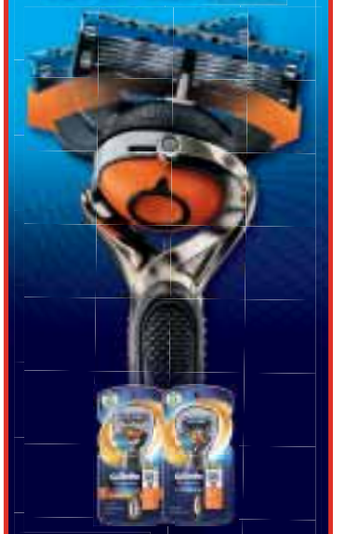

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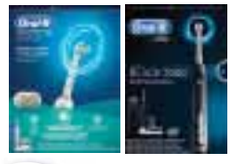

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A message of 'love and hope and equality'

Grand Pride Wedding. The event for lesbian, gay, bisexual, queer, transgender and two-spirited couples may have been first in Canada

Jane Cullingworth and Bonnie Slade could have waited to have their wedding at home in Scotland, where legislation on same-sex marriages will soon be enacted, but that wasn't the way they wanted it.

Instead, the couple flew across the Atlantic to Toronto where they stood alongside 108 others on Thursday as officiants from 12 denominations gave their blessing to the crowd.

The Grand Pride Wedding for lesbian, gay, bisexual, transgender, queer and two-spirited couples was thought to be the first of its kind in Canada and involved individuals from around the world.

"It feels celebratory but also quite political. It's a very strong statement across the world about lesbian, gay, bisexual and transgendered rights," said 50-year-old Cullingworth.

"I think it's a message of love and hope and equality really in its most simplest form — that everyone should have the right to marry a person that they love."

For Slade, opting to wed her partner of 16 years in Toronto instead of Scotland was an easy decision to make.

"The progressive human rights in Toronto and in Canada, it's incredible really," she said, noting the open celebration of the World Pride festival throughout the city. "It's a real sign of progress."

Richard Laslett and Colin Gunther, a couple who had travelled to the wedding from Australia, also noted Canada's lead on same-sex issues while acknowledging that their union wouldn't be recognized when they got home.

"It's sad, it's embarrassing," Gunther said of Australia's stance on same-sex unions. "But we'll know we're married."

"We're husband and husband now," Laslett added. "That's what really matters to us."

Cindy Su and Lana Yu will face a similar situation when they return to Taiwan, but the couple said they were thrilled to make things official.

"We figured we didn't really want any objection to stop us from doing what we want in life," said Su.

"I'm actually looking forward to what happens when we go back. Maybe in the future there will be some problems with the legality but now that we want to start a family, we have to be really brave."

Over 100 gay couples participate in a mass wedding during World Pride 2014 at Casa Loma in Toronto on Thursday.
DARREN CALABRESE/THE CANADIAN PRESS

Kisses, hugs and tears abounded after the couples at Thursday's wedding said "I do" in unison.

For Inae Lee, being surrounded by such a large group provided a form of support she wasn't able to get from her own family.

"In my parents' mind they don't believe that this can be celebrated. In their mind it's something that's illegal, it's something that's not allowed, it's very sinful," said the 28-year-old, who is originally from South Korea.

"I really want to let them know that we are celebrated, and it's OK for us to get married." THE CANADIAN PRESS

Quoted

"It feels celebratory but also quite political. It's a very strong statement across the world about lesbian, gay, bisexual and transgendered rights."
Jane Cullingworth, Scottish attendee who flew across the Atlantic to participate

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U.K. taxpayers feel pinch of palace renos

$65-million monarchy. More than a third spent on maintenance of aging palaces

Buckingham Palace accounts released Thursday show the monarchy cost British taxpayers 35.7 million pounds (about $65 million) last year — 56 pence (about $1) for everyone in the country.

That is 7.2 per cent, or 2.4 million pounds, more than the year before — the increase mainly explained by the royal family's repair bills.

A big part of the fixer-upper budget went to creating a suitable home for the young family of Prince William, his wife, Kate, and their toddler, Prince George.

Some 3.4 million pounds of taxpayer funds were used to refurbish part of London's Kensington Palace for the couple. The extensive work included removing asbestos, installing new heating and redecorating.

The couple, who have considerable personal financial resources in part because of the estate left by Princess Diana, paid for the carpets, curtains and furniture out of personal funds, the palace said.

In addition, Prince Charles' private secretary, William Nye, suggested that Charles and his wife Camilla — who are supported by profits from the extensive Duchy of Cornwall estate — may have helped William and Kate set up their new home.

THE ASSOCIATED PRESS

Queen Elizabeth II and members of her family watch the Trooping the Colour parade in London in this June 14 photo. THE ASSOCIATED PRESS FILE

B.C. Dog bites top police injury list, group says

Dog bites top the list for injuries caused during confrontations involving police forces in British Columbia.

The information is contained in a new report by the Pivot Legal Society and was compiled from two years of data from the RCMP and municipal police departments.

The report says that between 2010 and 2012, there were 490 people bitten by dogs deployed by police, although that number could be higher because many bites go unreported.

Pivot lawyer Douglas King says that unlike other police weapons such as fists and batons, dogs can inflict devastating and permanent injuries and they shouldn't be viewed as friendly ambassadors of policing.

Andrew Rowe lost his left ear and part of his hearing after a police dog attacked him while he was on the ground during an arrest, and says he'll have the scars for the rest of his life.

The legal advocacy group says police dog use is largely unregulated in B.C.

THE CANADIAN PRESS

Andrew Rowe, who was bitten by a police service dog in 2007, listens during a news conference in Vancouver on Thursday. DARRYL DYCK/ THE CANADIAN PRESS

Abortion clinics

U.S. Supreme Court dismantles protest buffer zone

The U.S. Supreme Court on Thursday struck down a 10-metre protest-free zone outside abortion clinics in Massachusetts. The justices were unanimous in ruling that extending a buffer zone that far from clinic entrances violates the U.S. Constitution's First Amendment rights of protesters.

The clinics said they are most concerned about safety because of past incidents of violence. In 1994, a gunman killed two receptionists and wounded five others at clinics in Brookline, Mass.

THE ASSOCIATED PRESS

Bolivia

Man wounds 11 in La Paz airport knife attack

An emotionally disturbed farmer wielding a kitchen knife went on a rampage in the terminal of El Alto international airport at La Paz on Thursday, stabbing 11, authorities said.

Hospital officials said most of the wounds did not appear to be life-threatening, although eight of the victims were hospitalized. Among the wounded was the police officer who detained the man. Deputy Interior Minister Jorge Perez said the attacker told police he "heard voices" and went on the attack to defend himself. THE ASSOCIATED PRESS

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StatsCan. Hate crimes that target sexual orientation more likely to be violent

Most racial or religious hate crimes in Canada involve only mischief, but violence occurs in two-thirds of the incidents in which sexual orientation is the key factor, new data released Thursday suggests.

Police reported 1,414 hate-motivated criminal incidents in 2012, up 82 from the previous year, Statistics Canada said in its latest report on hate crimes.

The agency defines hate crimes as those that are found by police investigations to be motivated by hatred against an identifiable group.

Overall, almost 70 per cent of hate crimes reported by police were non-violent, with mischief — incidents such as vandalism, graffiti and other destruction of property — as the most common offence.

However, two-thirds of hate crimes involving sexual orientation involved violence, as did a third of those involving racial or ethnic hatred, Statistics Canada reported.

Violence occurred in only 13 per cent of religiously motivated hate incidents.

The agency said just over half of all hate crimes in 2012 involved racial or ethnic motives, while 30 per cent involved hatred toward a particular religion, including crimes targeting Jews, Muslims and Catholics.

Another 13 per cent of incidents were motivated by sexual orientation, while the remaining six per cent were motivated by language, mental or physical disability, sex, age or some other characteristic, such as occupation or political belief.

Blacks were most likely to be victims of racially motivated hatred, with 21 per cent of all incidents aimed at them. But Jewish populations were the most common target of religious hatred, comprising 17 per cent of incidents.

THE CANADIAN PRESS

Landmark ruling grants land title to First Nation

Chief Roger William, of the Xeni Gwet'in First Nation, speaks during a news conference in Vancouver on Thursday after the Supreme Court of Canada ruled in favour of the Tsilhqot'in First Nation, granting it title to 438,000 hectares of land. DARRYL DYCK/THE CANADIAN PRESS

Supreme Court. Decision makes it easier for aboriginal groups to establish title over lands used for hunting, fishing

For the first time, the Supreme Court of Canada has recognized a First Nation's title to a specific tract of land — a historic decision with major implications for contentious energy projects such as the Northern Gateway pipeline.

Thursday's 8-0 decision, which overturned an appeal court ruling, will essentially make it easier for First Nations to establish title over lands that were regularly used for hunting, fishing and other activities.

The landmark ruling is the Supreme Court's first on aboriginal title and will apply wherever there are unresolved land claims.

"The claimant group bears the onus of establishing aboriginal title," Chief Justice Beverley McLachlin wrote in the decision.

"The task is to identify how pre-sovereignty rights and interests can properly find expression in modern common law terms."

Title, however, is not absolute, the top court declared; economic development can still go ahead on land where title is established as long as one of two conditions is met.

Economic development on land where title is established would require the consent of the First Nation. Failing that, the government would have to make the case that development is pressing and substantial and meet its fiduciary duty to the aboriginal group.

In other words, the decision places a greater burden on governments to justify economic development on aboriginal land. The court also makes it clear that provincial law still applies to land over which aboriginal title has been declared, subject to constitutional limits.

Chief Roger William of Xeni Gwet'in, one of six bands that make up the Tsilhqot'in First Nation, said he welcomed the Supreme Court's decision to grant a recognition of aboriginal title to 1,750 square kilometres of territory.

"First Nations across this country have taken legal action, entered into treaty, practised their language and demonstrated use of the land and through this they have supported us — we thank you," he said in a statement.

THE CANADIAN PRESS

'Game-changer'

"The court has clearly sent a message that the Crown must take aboriginal title seriously and reconcile with First Nations honourably."

Jody Wilson-Raybould, British Columbia regional chief for the Assembly of First Nations, who, in a statement, called Thursday's decision a "game-changer."

Toronto

Four men charged after heroin found woven into carpets

Four Toronto-area men have been charged after police say 20 kilograms of heroin was discovered concealed in strings and woven into carpets that were imported from Pakistan.

RCMP say they were contacted by border services officers who discovered the heroin at Pearson International Airport.

Police say they arrested three suspects at a Toronto business on June 20 and arrested a fourth at a Toronto residence.

RCMP say false ID and cash were also seized.

Tajudeen Fanikayode, 52, Saidi Sanni Olufeko, 38, and Peter Ajiri, 34, all of Toronto, along with Akeem Onaola, 46, of Mississauga, are charged with importing drugs into Canada, possession for the purpose of trafficking and conspiracy.

They are being held in custody and police say more charges are pending. THE CANADIAN PRESS

International acts

Tories change tune on charging fee to foreign musicians

Ottawa has effectively eliminated a fee charged to international musicians that critics complained was deterring acts from abroad from playing in Canadian bars, pubs and restaurants.

The removal of a work permit requirement for foreign musical acts, part of the government's overhaul of the controversial temporary foreign worker program, went largely unnoticed amid a spate of other measures announced last week.

Last summer, in their zeal to start cracking down on temporary foreign workers in the face of mounting criticism, the Conservatives added a $275 processing fee on top of a $150 work permit for each member of a musical act from outside the country who was hired to play small Canadian venues.

NDP MP Andrew Cash, a longtime musician, had faint praise for the Tories Wednesday, saying, "They corrected something incredibly dumb that they shouldn't have implemented in the first place." THE CANADIAN PRESS

2012 ban was overturned

Big sodas still A-OK in the Big Apple: High court

Big sodas can stay on the menu in the Big Apple after New York state's highest court refused Thursday to reinstate the city's first-of-its-kind size limit on sugary drinks. But city officials suggested they might be willing to revisit the supersize-soda ban. THE ASSOCIATED PRESS

New York's highest court won't reinstate N.Y.C.'s 16-oz. cap on sugary beverages. THE ASSOCIATED PRESS FILE

Cost of living

Ikea hikes hourly pay by 17% in U.S.

Ikea's U.S. division is raising the minimum wage for thousands of its retail workers, pegging it to the cost of living in each location, instead of its competition.

The 17 per cent average raise, announced Thursday, is the Swedish ready-to-assemble furniture chain's biggest in 10 years in the U.S.

The pay increase will take effect Jan. 1. It will translate to an average wage of $10.76 US an hour, a $1.59 increase from the previous $9.17.

About half of Ikea's 11,000 hourly store workers will get a raise. How much will vary based on the cost of living in each store location.

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Market Minute

DOLLAR
93.52¢
(+0.25¢)

TSX
15,030.74 (+56.09)

OIL
$105.84 US (-$0.66)

GOLD
$1,317.00 US (-$5.60)

Natural gas: $4.44 US (no change)
Dow Jones: 16,846.13 (-21.38)

Wall Street investors have a taste for adventure

GoPro's CEO Nick Woodman holds a GoPro camera in his mouth as he celebrates his company's IPO at the Nasdaq MarketSite in New York on Thursday. GoPro, the maker of wearable sports cameras, loved by mountain climbers, divers, surfers and other extreme sports fans, said late Wednesday it sold 17.8 million shares at $24 US each in its initial public offering of stock, valuing the company at about $3 billion. SETH WENIG/THE ASSOCIATED PRESS

Sobeys to shutter 50 locations

Underperforming stores. Most of the closures will be in Western Canada

Sobeys is closing about 50 underperforming grocery stores across the country as it deals with intense competition and tries to squeeze savings from its operations after the acquisition of Safeway in Canada.

About 60 per cent of the affected Sobeys locations will be in Western Canada, while the rest will be spread out across the country, said Marc Poulin, president and CEO of both Sobeys and its parent company Empire Co.

Other facilities and plants could also be closed once further reviews are completed.

"Clearly, we have learned a lot from this process and will assess our options with a view to do what is right for the business," he said in a conference call, after the Nova Scotia-based company released sharply lower quarterly results on Thursday. "After all, it's all about maximizing the value to the shareholders."

Sobeys did not say how many employees would be laid off and did not respond to requests for a list of locations to be closed.

Earlier this year, Sobeys announced deals to sell some 30 stores in Western Canada including 23 that were part of an agreement with the Competition Bureau in connection with its purchase of Canada Safeway last year.

After the Safeway deal, Sobeys launched a widespread review to determine which grocery stores fell short of expectations, with the goal of eliminating those that showed no sign of improvement, Poulin said.

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HOT THUGS & THE MJ AFTERLIFE

It's time for another dose of The List, Metro's guide to what's hot this week:

THE METRO LIST
Paul Sullivan
metronews.ca

1 Speaking of Hot. There's hot ... and there's hot. Jeremy Meeks, a 30-year-old gangster from Stockton, Calif. was arrested on weapons charges recently, but his mug shot looks so hot, there's an Internet-spawned movement to set him free, so he can continue to look studly while (allegedly) stealing cars. Be careful what you wish for, America.

2 He's Baaaaack! Like those plastic clowns you punch and they pop back up, Rob Ford just keeps popping up. Unfortunately, he keeps popping up at Toronto City Hall. Fresh out of rehab for various alcohol and drug problems, he's scheduled to return to his civic three-ring circus on June 30. While he was away, city council changed the locks and got a lot done. I can't believe I'm writing this, but he's second in the polls for the next election. Never mind me. Imagine how John Tory feels. He's trailing Rob Ford.

3 He's Not Coming Back. He Doesn't Need To. At least I don't think so. Although you never know with Michael Jackson. It's been five years (five years?!) since the Moonwalker died — June 25, 2014 — to be precise, but the music, oh the music, lives on. And you want hot? The King of Pop has made $700 million since he died. That's more than Jay-Z, Taylor Swift and Kanye West combined. He's just not like other boys.

4 Overbite Sensation. It's been quite the week for Bad Boys, but No. 1 with a bite has to be Luis Suarez, the Uruguayan soccer star who has bitten not one, but two World Cup opponents. No doubt worried that other squads won't play unless Suarez is fitted with a muzzle, FIFA has banned him for the next four months and that includes the rest of the World Cup. That's going to take a bite of out Uruguay's hopes, as Suarez is definitely their sharpest player.

5 Reality TV Sucks. News flash: TV is bad for your health. Apparently, watching Howie Mandel match wits with Howard Stern on America's Got Talent is a quick ticket to a fast exit. A Spanish study of more than 13,000 healthy adults found that spending more than three hours a day watching TV doubles your chances of an early death. As usual, Mom was right all along. Too bad she's no longer with us ... Grey's Anatomy, you know.

6 Neanderthal Time Capsule The week's most significant scientific discovery: the world's oldest poop. The Spanish again. This time, they discovered a 50,000-year-old pile of Neanderthal coprolites, or fossilized feces, and it seems there may be more to the Paleo diet than we thought. Along with the mammoth steaks and reindeer burgers, they found clear evidence of veggies: Berries, nuts and tubers. Nouveau cavemen. Who knew?

Follow The Metro List on Twitter @TheMetroList

ONE IN A FEW DOZEN

Koushski, a seven-year-old male Asiatic cheetah, crouches at the Miandasht Wildlife Refuge in Jajarm, northeastern Iran. Iran is conducting a campaign to rescue Koushski and his kind. To see more images of Koushski's life on the reserve, scan this image with your Metro News app. ALL PHOTOS VAHID SALEMI/THE ASSOCIATED PRESS

Iran looks to save last of the Asiatic cheetahs

Iran is rushing to try to save one of the world's critically endangered species, the Asiatic cheetah, and bring it back from the verge of extinction in its last refuge.

By the numbers

50-70

Estimated number of Asiatic cheetahs that remain in Iran, mostly in the east of the country.

The Asiatic cheetah, an equally fast cousin of the African cat, once ranged from the Red Sea to India, but its numbers have shrunkin the past century to the point that the species is now hanging on by a thin thread.

Once known as "hunting leopards," Asiatic cheetahs were traditionally trained for emperors and kings in Iran and India to hunt gazelles. They disappeared across the Middle East about 100 years ago, although there were sightings in Saudi Arabia until the 1950s.

Iran's efforts have been given a symbolic boost at the World Cup in Brazil, where Iran's team wore images of the cheetah on their uniforms.

THE ASSOCIATED PRESS

The conservation work

With help from the UN, the Iranian government has stepped up efforts to rescue the species.

- Cameras have been set up around cheetah habitats to watch for threats.
- Authorities built shelters in arid areas so cats can have access to water.
- They've reached out to nearby communities, training them how to deal with cheetahs and promising compensation for killed livestock.

METRO AUGMENTED REALITY

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MetroTube

Lies, damned lies and status updates

ANDREW FIFIELD
andrew.fifield@metronews.ca

In an alarming development for our hyper-connected world, it has come to our attention that the lives reported by Facebook users may not be entirely accurate. And the scandal has been brilliantly exposed by the Higton Bros.

Those happy couples? They fight every night. Those delicious looking meals? Screengrabs taken from Buzzfeed listicles. Same goes for the vacation pics.

Facebook is a green screen and the posts are computer-generated special effects. What a wicked world. (HigtonBros./YouTube)

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A wide-ranging action orgy

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Catch Mark Wahlberg and his alien robot buddies in Transformers: Age of Extinction this weekend. CONTRIBUTED

Synopsis

The action begins when unemployed robotic engineer Cade Yeager (Mark Wahlberg) and daughter Tessa (Nicola Peltz) uncover deactivated Autobot Optimus Prime (Peter Cullen) hidden under a pile of junk. Their discovery puts them under the microscope of CIA agent Harold Attinger (Kelsey Grammer) and tech tycoon Joshua Joyce (Stanley Tucci). The two are hatching a plan, fuelled by equal parts paranoia and genius, to build man-made second generation Transformers to seek out and destroy the Autobots.

- **Richard:** ●●●○○
- **Mark:** ●●○○○

AUGMENTED REALITY

→ Want to see a clip from Transformers: Age of Extinction? Scan this photo with your Metro News app for a sneak peek.

→ See the full instructions on Metro's Voices page.

Transformers: Age of Extinction. This flick may be excessive on just about every level, but you'll definitely love it — if you're a 12-year-old boy

Richard: Mark, everybody loves spectacle. The Romans had the Coliseum and we have the Transformers movies. Like the gladiatorial shows of yore, in Michael Bay's movies it doesn't matter who lives or dies — the films don't care about their human characters and neither do we — all that matters is the spectacle of the whole thing, and at an almost frenetic three hours, Age of Extinction certainly delivers on that score.

For many, getting value per minute for their movie dollar will be enough, but do you, like the old Roman emperors, give this a thumbs up or down?

Mark: Richard, I was glued to my seat throughout! You see, some idiot had spilled epoxy on the seat before I sat down and it took the full two-and-three-quarter hours to wriggle out of my jeans.

I have never been able to sit through a Transformers movie, but epoxy aside, at least this one had a coherent story, some decent acting thanks to Wahlberg, Stanley Tucci and Kelsey Grammer, and some exciting chase sequences.

I just can't wrap my head around watching a bunch of Swiss Army knives on steroids bashing each other. But then again, I'm not a 12-year-old boy.

RC: No one can accuse Bay of skimping on ... well, anything. Age of Extinction is a wide-ranging action orgy that plays off of Bush-era Homeland Security paranoia and also explains why dinosaurs became extinct. It comments on the ethics of unarmed warfare and blows up most of Hong Kong. Bay doesn't do anything by half measures but I found myself wishing the movie was about half as long as it is with half the bombast.

It's stylish: "Why run when you can run in slow motion?" Bay seems to be asking, not unlike a car commercial. But it's excessive on almost every level. I don't expect or want My Dinner with Optimus Prime, but in this case I think less would have been more.

MB: My feelings here are complicated. I used to take it for granted that this kind of direction was evidence of a hack sensibility, which assumes that quantity makes viewers forget quality — a real cynic's position. But watching this instalment, I'm no longer so sure.

I think Bay really believes that these grand excesses are heroic, even Shakespearean. Its running time is equal to Hamlet. The movie is cheesy and schlocky, for sure, but the one possible grace note is Bay's commitment to the drive of the film. Too long, for sure, but at least this movie moves.

RC: Shakespeare never wrote a play about a giant alien robot playing bucking bronco with a humungous dinobot. That's all Bay.

MB: Or had a billion-dollar grossing movie. That's all Bay St.

Evil that was decades in the making

Sowing sinister seeds. Director Scott Derrickson blends police procedural and possession drama in his latest offering

CHRIS ALEXANDER
scene@metronews.ca

Deliver Us From Evil opens next Wednesday. CONTRIBUTED

If the trailers and advance word of mouth are any reliable barometer, the upcoming shocker Deliver Us From Evil (based on the fact-based book by Ralph Sarchie) just might be the American horror movie of the year. It certainly boasts high pedigree in its director.

Scott Derrickson has been a top draw in Hollywood for almost 20 years, penning and directing such hits as The Exorcism of Emily Rose, the remake of The Day the Earth Stood Still and 2012's blockbuster horror film, Sinister. The success of that latter chiller influenced the production of Deliver Us From Evil but Derrickson has had a hand in the long-gestating project for decades.

"(Producer) Jerry Bruckheimer brought the book to me in 1994," notes the director.

"His take was basically, 'Let's make Serpico meets The Exorcist', which I thought was the coolest thing I've ever heard. So I got the job, wrote the first couple of drafts of the script, and then he decided to have another writer on board. But while I was in N.Y.C. I got to spend a week with Ralph, got to know him very well and Ralph was the guy who gave me an out-of-print copy of the book The Exorcism of Annaleise Michel, which I optioned for 100 bucks and turned into The Exorcism of Emily Rose. True Story!"

Quoted

"Audiences loved it. But when they were asked if it was a horror film or a supernatural thriller, they didn't know how to answer."

Director Scott Derrickson on his new film Deliver Us From Evil

The Sarchie script — then called Beware the Night — saw three other writers tinker with it in an attempt to 'improve' it, before Bruckheimer put it on the shelf. Then, after the runaway success of Sinister, things changed.

"When Sinister came out," explains Derrickson, "Screen Gems asked me what I wanted to do next and I told them about Beware the Night. They read my first draft and said, 'We want to make this movie with you.' So here we are."

Retitled Deliver Us From Evil, Derrickson's thriller is indeed a blend of police procedural and possession drama. It chronicles the on-screen version of Sarchie (played by Eric Bana), an New York City cop who teams up with a priest to examine the possibility of a spate of urban violence being linked to the supernatural. Filled with explicit violence but tempered by deeply etched character arcs, it's a film that defies easy categorization. Derrickson claims this was by design.

"It's one of the highest testing movies ever and it's scary. Audiences loved it. But when they were asked if it was a horror film or a supernatural thriller, they didn't know how to answer. I do think it is as much a horror film as it is a cop film and that was the goal, no half and half, rather 100 per cent both genres sharing space."

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Comedy/Romance

Think Like a Man Too

Director. Tim Story

Stars. Adam Brody, Jerry Ferrara

In the highly anticipated sequel, which was inspired by Steve Harvey's best-selling book Act Like a Lady, Think Like A Man, all the couples are back for a wedding in Las Vegas. But plans for a romantic weekend go awry when their various misadventures get them into some compromising situations that threaten to derail the big event.

Rotten Tomatoes™ score

Critics: No reviews yet **Audience:** 91%

Western/Mystery

The Rover

Director. David Michod

Stars. Robert Pattinson, Guy Pearce

The Rover, David Michod's followup to Animal Kingdom, is set in a world 10 years following the collapse of society. The film follows hardened loner Eric (Pearce) as he travels the desolate roads of the outback. When a gang of thieves steals his car, they leave behind a wounded Rey (Pattinson) in their wake. Forcing Rey to help track the gang, Eric will go to any lengths to take back the one thing that still matters to him.

Rotten Tomatoes™ score

Critics: 68% **Audience:** 68%

Action/Comedy

22 Jump Street

Director. Phil Lord, Chris Miller

Stars. Jonah Hill, Channing Tatum

After making their way through high school (twice), big changes are in store for officers Schmidt (Jonah Hill) and Jenko (Channing Tatum) when they go deep undercover at a local college. But when Jenko meets a kindred spirit on the football team, and Schmidt infiltrates the bohemian art major scene, they begin to question their partnership.

Rotten Tomatoes™ score

Critics: 84% **Audience:** 88%

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUNE 27 TO THURS., JULY 3. TIMES ARE SUBJECT TO CHANGE.

Southland Mall 3025 Gordon Rd.

22 Jump Street (14A) Fri-Sun 12:30-3:15-6:50-9:40 Mon-Thu 12:30-3:15-7:05-9:40
Blended (PG) Fri-Sun 12:40-3:45-7:15-10:15 Mon-Thu 12:40-3:45-7-9:50
Edge of Tomorrow 3D (PG) Fri-Sun 12:55-4-7:55-10:35 Mon-Thu 12:55-4-7:30-10:10
The Fault in Our Stars (PG) Fri-Sun 12:45-3:50-7:25-10:25 Mon-Thu 12:45-3:50-7:25-10:20
How to Train Your Dragon 2 (G) Fri-Thu 1-3:35-6:30-9:15
Jersey Boys (14A) Wed-Thu 12:25-3:30-7:10-10:15
Maleficent (PG) Fri-Sun 12:05 Mon-Tue 12:20 Star & Strollers Screening Wed 1:30 Thu 12:20
Maleficent 3D (PG) Fri-Sun 2:35-5:05-7:35-10:05 Mon-Tue 2:45-5:20-7:50-10:15 Wed 4:10-7:35-10:05 Thu 2:45-5:20-7:50-10:15
Neighbors (18A) Fri-Sun 12:25-2:50-5:15-7:45-10:10 Mon-Tue 12:25-2:50-5:15-7:45-10:05
Transformers: Age of Extinction (PG) No Passes Fri-Sun 2:30-6:20-10 No Passes Mon-Thu 2:30-6:20-9:55
Transformers: Age of Extinction 3D (PG) No Passes Fri-Sun 12-3:30-7:05-10:40 No Passes Mon-Thu 3-6:50-10:25
X-Men: Days of Future Past (PG) Fri-Sun 12:15 Mon-Thu 12:35
X-Men: Days of Future Past 3D (PG) Fri-Sun 3:20-6:40-9:45 Mon-Thu 3:40-6:40-9:45

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit

22 Jump Street (14A) Fri 2:20-5:10-7:50-10:35 Sat 1-5:10-7:50-10:35 Sun 12:15-3-7:35-10:35 Mon-Thu 2:20-5:10-7:50-10:35
Deliver Us From Evil (14A) No Passes Wed-Thu 1:45-4:40-7:35-10:35
Earth to Echo (G) Wed-Thu 2:40-4:55-7:30-9:55
Edge of Tomorrow 3D (PG) Fri-Sat 2:10-4:55-7:35-10:25 Sun 1:55-4:55-10:25 Mon-Tue 2:10-4:55-7:35-10:25
The Fault in Our Stars (PG) Fri-Thu 1:15-4:05-7:20-10:20
How to Train Your Dragon 2 (G) Fri 1:50-4:20-6:50-9:30 Sat 11:15-1:45-4:20-6:50-9:30 Sun 1:50-4:20-6:50-9:30 Mon-Tue 1:40-4:15-6:45-9:30 Wed-Thu 1:50-4:20-6:50-9:30
Jersey Boys (14A) Fri 12:45-3:45-6:45-10:05 Sat 12:45-3:45-7-10:05 Sun 12:45-3:45-6:45-10:05 Mon-Tue 12:55-3:50-7-10:05
Jetsons: The Movie (STC) Sat 11
Maleficent (PG) Fri 2:05 Sat 11:30-2:05 Sun-Thu 2:05
Maleficent 3D (PG) Fri-Thu 4:45-7:15-9:40
National Theatre Live: The Curious Incident of the Dog in the Night-Time Encore (STC) Sat 12:55
Tammy (14A) No Passes Wed-Thu 2:55-5:20-7:45-10:05
Transformers: Age of Extinction (PG) No Passes Fri-Thu 1:10-5:05-8:50
Transformers: Age of Extinction 3D (PG) No Passes Fri 2:50-6:35-10:10 No Passes Sat 11:05-2:50-6:35-10:10 No Passes Sun-Thu 2:50-6:35-10:10 No Passes Fri-Sun 12-3:30-7:05-10:40 No Passes Mon-Thu 3:30-7:05-10:40
WWE Money in the Bank - 2014 (STC) Sun 6
X-Men: Days of Future Past (PG) Fri 1 Sun-Tue 1
X-Men: Days of Future Past 3D (PG) Fri 4-7-9:55 Sat 3:40-6:45-9:55 Sun 4-7-9:55 Mon-Tue 3:55-6:50-9:55

Kramer IMAX Theatre, 2903 Powerhouse Dr.

Island of Lemurs: Madagascar (G) Fri-Sun 1-3:30-6:15
Kenya 3D: Animal Kingdom (STC) Fri 11-2:15-4:45-6:15-7:30 Sat-Sun 2:15-4:45-6:15-7:30

Golden Mile 3806 Albert St.

The Amazing Spider-Man 2 (PG) Fri-Thu 1:20-4:30-7:35
Belle (G) Fri-Thu 3:45
Captain America: The Winter Soldier (PG) Fri-Thu 7:20
Cas & Dylan (PG) Fri-Thu 9:25
Godzilla (PG) Fri-Thu 1-3:45-6:30-9:15
Heaven Is for Real (G) Fri-Thu 1:10-3:50-7-9:20
The LEGO Movie (G) Fri-Thu 1:10-4:05
Locke (14A) Fri-Thu 1:15-6:45
The Other Woman (PG) Fri-Thu 1:10-4-6:50-9:10
Punjab 1984 (PG) Sat-Sun 3:30-6:15
The Railway Man (14A) Fri-Thu 1:20-3:55-6:45-9:30
Rio 2 (G) Fri 1:05-3:55-6:30-9:20 Sat-Sun 1:05-9:20 Mon-Thu 1:05-3:55-6:30-9:20

Regina Public Library Film Theatre, 23 11 12th Ave.

The Case Against 8 (PG) Fri 9 Sat 7 Sun 9
The Grand Seduction (PG) Thu 7
Me and You (PG) Fri 7 Sat 9 Sun 7
No Films Showing Today (STC) Mon-Tue
Under the Skin (14A) Thu 9
Young Adult (PG) Wed 7

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jared Leto

Leto named Sexiest Vegetarian Celebrity

As if the Oscar wasn't enough, Jared Leto now has the title of Sexiest Vegetarian Celebrity to be proud of, thanks to PETA. Of course, he has to share the honour with X-Men: Days of Future Past star Ellen Page, who was named as his female counterpart in the realm of sexy vegetarianism, according to E! News. Leto beat out Joaquin Phoenix, Samuel L. Jackson, Peter Dinklage and Woody Harrelson for the honour, while Page smoked Ariana Grande, Mad Men star Jessica Paré, Laura Prepon and Sarah Silverman. Leto recently divulged to the U.K. edition of GQ magazine that he's been meat-free for "20 solid years."

The Word

Will Ferrell threatened to bite German soccer players

MELINDA TAUB
Metro World News

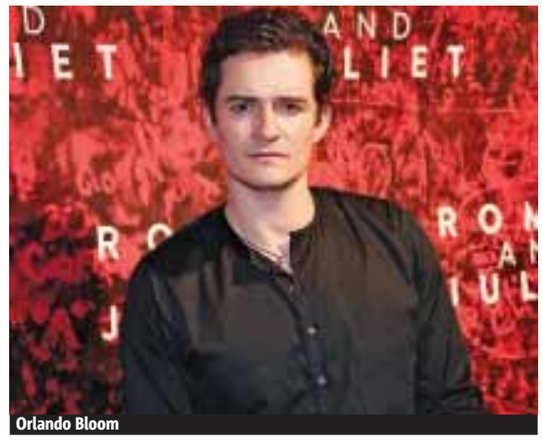
If you were watching Thursday's World Cup game between the U.S. and Germany, which Germany won 1-0, you may have noticed that the U.S. side's secret weapon was absent from the field. Who's that, you ask? No, not star Jozy Altidore — who went down with an injury in the team's very first game of the tournament — but rather Will Ferrell.

The Anchorman star visited U.S. World Cup headquarters in Brazil this week, where he indicated he was ready and willing to pull a Suarez for America in Thursday's game.

Raising the fist of a soccer fan dressed as President Teddy Roosevelt, Ferrell led the crowd in chants of "USA! USA!"

"I'm so honoured to be playing (Thursday)," Ferrell said. "I'm not gonna lie to you, I'm not in soccer shape right now, but I'm gonna try my best ... If the game gets close, I will bite the opponent. I will bite every German player if I have to."

Ferrell also promised to reunite with fans after the game to party. "Look for the guy sitting next to Teddy Roosevelt in a red, white and blue bikini top," he said.


Orlando Bloom

Orlando's hard partying may have been the reason Miranda called it quits

It seems the secret ingredient to Orlando Bloom and Miranda Kerr's divorce was his penchant for drinking. Sources tell Radar Online that Bloom has a tendency to "black out" and "become someone else" when partying, which Kerr couldn't stand. The source points to one particular party last year just before their separation was announced. "Orlando got wasted at one of Ian McKellan's famous dinner parties, which was mostly just a wine party. Miranda hates when Orly gets drunk the way he does because he often blacks out and forgets where he is," the source explains. "Someone usually walks him home just to be safe, but I think the drinking was the flaw Miranda used to file the divorce."

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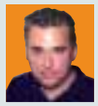
Liquid Assets

Condiments take the lead



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

My resolution to be bolder when I barbecue this season is going ... slowly.

While I may have had dreams of planked salmon and racks of baby back ribs dancing on my grill, the lowly hamburger and hot dog just keep calling.

Not that they can't be considered haute cuisine, there are plenty of glossy cookbooks dedicated to both. What I really love is that you don't have to get fancy when looking for a wine match. The thing to remember is that the meat involved isn't the star of the show. It's everything you pile on top that dictates the pairing. Sugary condiments, hot peppers, cheese, sauerkraut — you name it, someone is layering it between their buns. Off-dry red and white wines are the most accommodating because they can roll with the sweet extremes and smother the fire of anything hot.

California's Revolution Red ($9.49 - $12.99) is a bright, berry-forward wine with a touch of residual sweetness. With more body than you might expect at its price-point, it makes a great partner with simple barbecue fare.

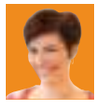
PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A big bowl of Canada

Serve this salad up at your Canada Day get-together for a truly patriotic dining experience. THERESA ALBERT

Cross-Canada Salad.

Ten provinces, three territories, one dish with ingredients from coast to coast



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Starch

Highly nourishing grains like barley and flax grow in Manitoba and Saskatchewan. Flax is a golden or brown seed that is high in fibre and good fat. Soaking or simmering creates a soluble fibre gel that is beneficial. Barley, meanwhile, serves up a base of fibre and nutrients.

P.E.I. grows potatoes and the mini red ones can be tossed into the grain pot so everything simmers together to create a new twist on summer's ubiquitous potato salad.

Salad dressing

If you've never seen a canola field in bloom in a province like Alberta, you missing out on beautiful golden yellow fields that generate an oil seed that is in demand all over the world. The other yellow crop grown in many provinces including Ontario is mustard seed, which is a great binder in vinaigrette.

Apples grow across Canada, including in Newfoundland and New Brunswick, so apple cider vinegar is a must. Quebec maple trees are tapped for their sweet sap that adds a piquant sweetness to a savoury dish.

Greens are grown everywhere so a tiptoe through the farmland will deliver bitter dandelion and chives.

Protein topping

In British Columbia, Northwest Territories and Nunavut salmon is a deep and ancient part of the culture. The other coast of Nova Scotia serves up crab. To make life simple, go for the canned stuff. It's simple to use but equally delicious and nourishing.

According to Agriculture Canada, the Yukon's biggest export is cattle and forage, so Greek yogurt, the popular dairy product, will lend a creaminess and protein to the seafood salad topping.

1. In a large pot, bring water, a pinch of salt, potatoes, barley and flax seed to a boil, cover, and turn down to simmer for 30 minutes. When cooked, stir in 1/4 cup of vinegar, salt and pepper.

2. Whisk 1/4 cup canola oil, 1/4 cup apple cider vinegar, maple syrup and mustard for dressing.

3. Mix drained salmon and crab with Greek yogurt and 1 tbsp mustard plus chives.

4. Layer salad with barley mixture on the bottom, topped with dandelion or other greens then seafood salad. Drizzle with dressing. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 6 cups water
- 1 cup pearl barley
- 1/4 cup flax seeds
- 1 lb mini red potatoes
- 1/4 cup canola oil
- 1/2 cup apple cider vinegar, divided
- 1 tbsp maple syrup
- 2 tbsp mustard, divided
- 1 can boneless, skinless salmon drained
- 1 can crabmeat, drained
- 2 tbsp chopped chives
- 1/4 cup plain Greek yogurt
- 4 cups dandelion greens

Bourbon. Maple. Good.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat grill to medium and prepare for indirect cooking. On a charcoal grill, this entails banking coals to one side and cooking on cooler side. On a gas grill, it means turning off one side (or the centre burner) and cooking over the cooler section.

Ingredients

- 2 lb centre-cut salmon fillet (about 1 inch thick), skin separated, then replaced (ask your butcher to do this)
- Olive oil
- Salt and ground white pepper
- 1/4 cup maple syrup
- Juice and zest of 1/2 small orange
- 2 tbsp bourbon

2. Check for and remove any small bones in salmon. Brush salmon on all sides with olive oil, then season with salt and pepper. Lay fish, skin-side down, directly on cooking grate on the cooler side of the grill. Cook salmon until opaque, but still moist, 25 minutes, depending on thickness of fish.

3. Meanwhile, in bowl whisk maple syrup, orange zest and juice, the bourbon and a pinch of salt. Brush the glaze over the salmon during the final 10 minutes. Do not turn the salmon during cooking.

4. To transfer fish to serving platter, slide a wide spatula between flesh and the skin. Lift the salmon off the grill, leaving the skin behind. Cover the salmon with foil to keep warm.

5. Slide the skin over to the hot side of the grill, then close the lid. Cook for 2 to 3 minutes, or until the skin is crisp and the salmon oils are bubbling. Remove the skin from the grill and serve on the side as you would a chip. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

Some favourites that make you feel at home

Canadian treats you miss when abroad

We know you love your Timmys double-double and perhaps a honey cruller on the side to sweeten it up. But what are the other foods Canadians love, covet and miss terribly when they're living or travelling abroad?

TO EAT

"Having lived in the United States now 22 years, I really miss peameal bacon — and not the ham they try to pass off here as Canadian bacon — Coffee Crisp bars, Aero bars and maple doughnuts from Tim Hortons of course," says Christina Mahaffey-Panettiere, a Pennsylvania-based resident.

"(I hear about) foods that Canadians know and love," says Pamela MacNaughtan, a travel blogger at savoirfaireabroad.com. "So foods such as ketchup chips, M&Ms, Tim Hortons coffee, maple cookies, poutine with squeaky cheese and peameal bacon."

And maybe the baker in you misses those homemade sweets and treats? Think true Canuck favourites such as gooey butter tarts, layered and dense Nanaimo bars (hailing from none other than Nanaimo, B.C., of course), deep-fried beaver tails (topped with sugar, whipped cream or ice cream of course) and really, anything with maple syrup.

AND TO DRINK

Love a Molson Canadian? Or your Steamwhistle? "A lot of Canadians miss their beer when they leave," says Randy Ray, co-author of nine Canadian trivia books including The Big Book of Canadian Trivia. And perhaps it's sometimes how you get your drinks. "Having lived abroad, I missed getting four litres of milk in three bags," says Michelle Renee Charbonneau, a now Ottawa-based resident.

And how about those hair-of-the dog drinks we might sip on during our long weekends? No, not the Bloody Mary, an American drink made with tomato juice. We're talking about the celery salt rimmed, vodka-infused Clamato-based drink called a Caesar. And these days, Caesars are upscale and you can find anything in them from kale to a pepperoni stick garnish.

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Celebrate Canada Day with a homemade Canadian favourite — such as Bick's pickles.

Betcha didn't know the story behind snowmobiles — also a Canadian invention. SHUTTERSTOCK IMAGES

CANADIAN BRAG-WORTHY ACHIEVEMENTS

Inventions and success stories a part of our nation's history

There are a handful of names and accomplishments that Canadians tend to be familiar with: Terry Fox. Frederick Banting. The universal health-care program. Yet if we look a little closer, there are many, many more Canuck achievements that are just as brag-worthy.

"We don't get our credit — most Canadians when you tell them fabulous facts about Canada, most people don't know about it," says Randy Ray, co-author of nine Canadian trivia books including The Big Book of Canadian Trivia. We asked Ray to let us in on five lesser known successes north of the 49 that Canadians can also boast about.

THE ZIPPER: While the Google Doodle created a kerfuffle in 2012 noting that the zipper was created by Gideon Sundback of Sweden, St. Catharines, Ont., was home to one of the first places the clothing fastening device was manufactured, back then in Sundback's Lightning Fastener Company.

BICK'S PICKLES: In the late 1930s, Walter Bick, born in Germany but then living in Amsterdam, moved to Canada with his wife Jeanny to escape the looming Second World War. They had bought and moved to a farm in Scarborough, Ont., where they grew the cucumbers which would eventually become pickles and the basis of the Bick's pickle brand.

THE SNOWMOBILE: Surprise (not really?) … it's a Canadian invention by none other than Quebec-based Joseph-Armand Bombardier of the now notable Bombardier manufacturing name. "Bombardier had a passion to invent a machine that would work on the snow," notes Ray. "And one year his kid was sick in rural Quebec and he couldn't get his kid out of their home to a hospital and the child died. And that was what gave him the kick in the pants to invent the snowmobile."

REDPATH SUGAR: Ever think about that spoonful you're tipping into your coffee? Probably not, but there's a good chance it's sugar from Redpath. This sweet company was started in Montreal by John Redpath in 1854 under the name the Canada Sugar Refining Company.

IMAX THEATRE TECHNOLOGY: Prefer to see a film in IMAX? This too was an invention coming out of Montreal back in 1967. With EXPO 67 set to open, a group of Canadian experimental filmmakers banded together to create a multi-screen installation. The project was an entry in a competition to manufacture a large-film experience for audience goers and the Canadian group did it with success by syncing up nine projectors together.

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Bombers kick off CFL season with Argos in Winnipeg

Blue Bombers Aaron Kelly and Cory Watson celebrate Kelly's first-half touchdown against the Toronto Argonauts during the CFL's season opener on Thursday night at Investors Group Field in Winnipeg. Go to metronews.ca for more coverage. JOHN WOODS/THE CANADIAN PRESS

Stampeders win turf war with front office

CFL. New field turf at McMahon Stadium has Calgary club feeling fresh going into season

The Calgary Stampeders will open their Canadian Football League regular season Saturday against the Montreal Alouettes feeling less sore and beaten up from the pre-season.

New turf installed at McMahon Stadium this spring lessened wear and tear on the players' bodies during training camp.

"The turf helps a lot on your knees," linebacker Karl McCartney said. "I'm a heavy guy so, normally, the knees ache right away, but I went all throughout camp with hardly any pain in the joints.

"We have this thing call 'vet days.' If your knees are aching from playing for so long, you need the extra rest to heal up so I think there was a lot less vet days this camp."

Drew Tate leads Calgary into the 2014 season as the Stampeders host Montreal on the new turf at McMahon stadium on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

The outgoing turf installed in 2006 had reached its eight-year life span. Some Stampeders said it expired before that. Quarterback Bo Levi Mitchell compared it to "running on a basketball court with carpet on it."

"We've been asking for new turf around here for a couple years and we're definitely noticing a difference — legs, joints, ankles, knees and hips feel a whole lot better," receiver Maurice Price said. "The last turf didn't give at all. We hated it."

The new surface is the updated version of the previous by FieldTurf. It's a synthetic fibre mat filled with tiny rubber pellets.

"The tendinitis is down," Stampeder athletic therapist Mike Gudmundson said. "Especially from what we're seeing so far, getting through two-a-days, the wear and tear on knees, the ankles and hips is down, the low-back tightness is reduced.

"Things like tendinitis or contusions, obviously cushioning helps with those things. Guys can change shoes and insoles, but it still comes down to the surface you're playing on. Softer surface with more cushioning definitely helps us in that regard."

The water barrier between McMahon's asphalt base and the fibre mat is improved, Stampeder president Gordon Norrie said.

"The old water barrier was pretty much hard plastic," Norrie explained. "The new one is much more malleable. As the players refer to it, there's a lot more bounce, more traction with this field."

The manufactured green fibre breaks down under ultraviolet rays, so outdoor turf wears out sooner than indoors, he added. THE CANADIAN PRESS

NBA draft

Wiggins makes it two in a row for Canadians at No. 1

Canada's Andrew Wiggins of Kansas was selected by the Cleveland Cavaliers with the No. 1 pick in the NBA draft on Thursday night.

The Cavs went for a freshman from Vaughan, Ont., to open the draft for the second straight year and hope Wiggins works out better than Anthony Bennett of Brampton, Ont.

Bennett was injured last summer, came into the season out of shape and made no impact, one of the reasons the Cavs were back in this spot again.

But Wiggins seems a much more ready product after averaging a Kansas freshman-record 17.1 points. He might have ended up as the top pick anyway, but became the best option for the Cavs when Jayhawk teammate Joel Embiid suffered a stress fracture in his right foot shortly before the draft.

THE ASSOCIATED PRESS

Canada's Andrew Wiggins went No. 1 overall in the NBA draft on Thursday night in Brooklyn. THE ASSOCIATED PRESS

MLB

Trout, Pujols help Angels to a sixth straight victory

Mike Trout and Albert Pujols drove in two runs apiece, Jered Weaver pitched seven strong innings, and the Los Angeles Angels completed a perfect homestand with a 6-4 victory over the Minnesota Twins on Thursday.

Pujols had three hits and Josh Hamilton drove in a run to help the Angels win their sixth straight and move a season-best 11 games over .500 (44-33). Trout had two doubles, including a two-run drive down the left-field line in the seventh.

THE ASSOCIATED PRESS

Not enough. Portugal going home despite win

Cristiano Ronaldo finally made his mark at the World Cup — but it came too late to spare Portugal an early exit from Brazil.

The world player of the year broke his scoring drought at the tournament with an 80th-minute winner in Portugal's 2-1 victory over Ghana on Thursday.

That result, however, left the Portuguese level on four points with United States in Group G but with an inferior goal difference.

Ronaldo barely celebrated after slamming home his goal with his left foot, giving Portugal its first win after a 4-0 loss to Germany and 2-2 draw with the U.S.

THE ASSOCIATED PRESS

Quoted

"We deserved more, but that's football. We are leaving with our heads held high." Cristiano Ronaldo

Unbeaten in Group H

10-man Belgium beats Korea

Defender Jan Vertonghen scored from a rebound in the 78th minute to give 10-man Belgium a 1-0 victory over South Korea on Thursday to clinch top spot in Group H at the World Cup. THE ASSOCIATED PRESS

Making history

Algeria advances past group play

Algeria has qualified for the World Cup knockout stages for the first time after Islam Slimani's headed equalizer gave his team a 1-1 draw against Russia on Thursday.

THE ASSOCIATED PRESS

Everybody's a winner

Advancing from Group G. Germans defeat Americans, both move on to knockout stage

Joachim Loew and Jurgen Klinsmann shook hands, smiled and patted each on the shoulders, like the two good friends they are. The two coaches had every reason to be pleased: Both of their teams advanced to the knockout stage of the World Cup.

Loew's Germany beat Klinsmann's United States 1-0 thanks to Thomas Mueller's fourth goal of the tournament and the outcome allowed both teams to advance. Portugal beat Ghana 2-1 in the other Group G match but both were eliminated.

A draw would have been enough as well, and it had been the matter of much conjecture before Thursday's rain-drenched match. But neither team held back and both attacked, although Germany was clearly in control.

Germany's Lukas Podolski leaps into Michael Bradley of the United States to clear the ball during their Group G World Cup match in Recife, Brazil, Thursday. JULIO CORTEZ/THE ASSOCIATED PRESS

"Well, first I asked him (Klinsmann) for the result of the other match. I didn't know that and he also told me they advanced and I told him, I'm happy," Loew said.

"That is a tough group and the Americans were a bit the outsiders. Everybody considered Portugal a favourite to make it.... (The Americans) really have qualities, they fight, they can run and they really are tough on the opponent. If you beat Ghana, play a draw against Portugal, I think you deserve to make it to the next round."

Klinsmann said: "It's a good feeling because now it's really just a clear picture for everyone. Just focus on that one opponent you have for that next game. ... We'll just talk about one team to beat at a time and this is why I'm really excited."

THE ASSOCIATED PRESS

Knockout-stage matchups

- Brazil vs. Chile
- Colombia vs. Uruguay
- Netherlands vs. Mexico
- Costa Rica vs. Greece
- France vs. Nigeria
- Germany vs. Algeria
- Argentina vs. Switzerland
- Belgium vs. United States

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→ See the full instructions on Metro's Voices page.

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Stolen home

Political snitch lawsuit against Puig stands

A Miami judge has denied a motion by Los Angeles Dodgers star Yasiel Puig to dismiss a lawsuit filed by a Cuban man blaming the player for his imprisonment and torture on the communist island.

In the lawsuit, Miguel Angel Corbacho Daudinot claims he was falsely accused by Puig of involvement in human trafficking and was subjected to torture in Cuban prisons. U.S. District Judge Kathleen Williams denied Puig's request this week and set a trial date for November.

Puig has denied the allegations. His attorney says in court papers that Corbacho Daudinot's torture allegations aren't sufficient under U.S. law.

Other lawsuit filings have detailed Puig's eventual defection out of Cuba by smugglers who took him to Mexico and eventually to the U.S.

THE ASSOCIATED PRESS

PGA

Tiger Woods hits 74 in post-surgery return

Congressional gave Tiger Woods a rude welcome back to the PGA Tour on Thursday.

In his first competition since back surgery a week before the Masters, Woods made seven bogeys in his opening 12 holes. He made three birdies from short range the rest of the way for a 3-over 74 at the Quicken Loans National.

At least he still has his health. Woods said his back felt fine.

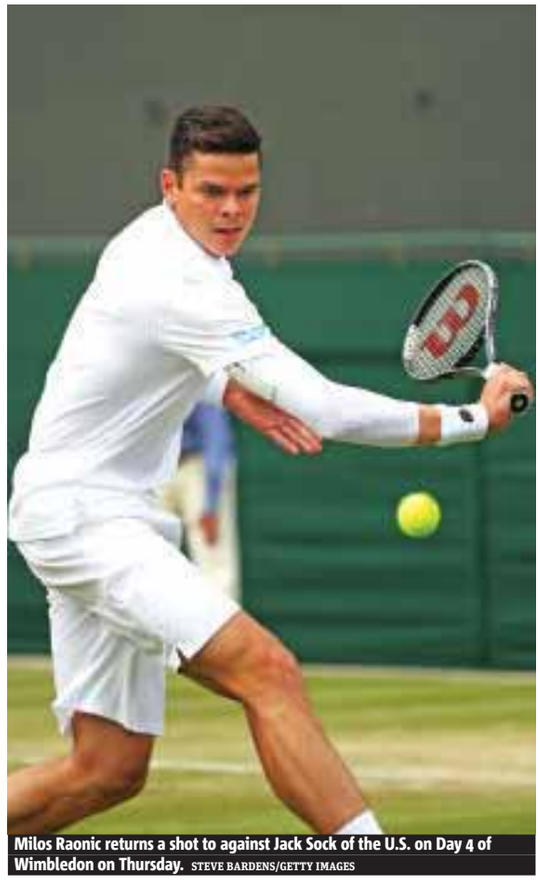
The real pain was Congressional, which played tougher than it did for the U.S. Open three years ago. The rough was punishing, making it difficult for even the powerful players to get onto the green.

Woods was part of a marquee group that didn't give a big gallery much reason to cheer. Jason Day had a 73 while Jordan Spieth had a 74.

THE ASSOCIATED PRESS

Raonic socks Sock in straight sets

Wimbledon. Canadian stars Bouchard and Raonic both win to advance to third round at All England Club



Milos Raonic returns a shot to against Jack Sock of the U.S. on Day 4 of Wimbledon on Thursday. STEVE BARDENS/GETTY IMAGES

Milos Raonic didn't seem that thrilled about reaching the third round of Wimbledon for the first time in his career.

After all, the No. 8 seed is chasing far loftier goals.

Raonic, from Thornhill, Ont., defeated American Jack Sock 6-3, 6-4, 6-4 in Wimbledon's second round on Thursday. And while this is the first time he has progressed this far at the All England Club, he wasn't about to gush over a third-round appearance.

"It might sound a little bit harsh, but (I don't have) too much feeling for it," he said. "I want to do much better than I have to this point and than I have done today."

Raonic was later joined in the third round by women's 13th seed Eugenie Bouchard of Westmount, Que., who defeated Silvia Soler-Espinosa of Spain 7-5, 6-1.

While Raonic spoke of improvement, he never looked in trouble against Sock. He had 13 aces, 39 winners and three breaks of serve in the match.

"I found a rhythm. For me, the most important thing, especially on grass, is finding that rhythm on second-serve return," said Raonic. "I found that quite early on, and I was able to stick through it. In both of first two sets I was able to get early breaks, which helps. I was clean off my service games.

"At all of these majors, I want to play better than I have in the past, to fight, compete and try to play better each day."

Raonic will face Poland's Lukasz Kubot in the third round. Kubot advanced with a 6-7 (4), 7-6 (4), 6-3, 7-6 (3) win over Serbia's Dusan Lajovic.

Bouchard had a tough start to her match but improved as it went on. She needed 44 minutes to win the first set but just 22 to claim the second and close out victory with six breaks of serve and 17 winners.

The 2012 junior Wimbledon champion has duplicated her third round from last year's main draw debut and next plays German Andrea Petkovic.

Bouchard and Soler-Espinosa traded two sets of service breaks in the first set, with the 20-year-old Canadian taking a 6-5 lead and earning the opener a game later. The second set was all Bouchard as the seed ran away to her 32nd victory of the season.

Also Thursday, Frank Dancevic of Niagara Falls, Ont., played through hip pain but lost 6-3, 6-3, 6-2 to Mikhail Kukushkin of Kazakhstan.

Dancevic, who got into the main draw as a lucky loser, said that a good result from a scan on his lower pelvis Wednesday gave him the confidence to take to the court Thursday.

"This is not a major issue so I decided to push through and play in some pain," he said. "I was struggling yesterday; it was a rough day."

Dancevic, who was sporting a new mohawk haircut, has struggled with back issues before and didn't want to take any chances this time.

"I didn't want to risk a lot an end up being out for the summer," he said. "I'm on a pretty decent streak, I feel I can have a good summer and rest of the year."

"I would have had to serve extremely well to win this match. I was struggling on ground stroke and I didn't feel 100 per cent," he added. "I think the issue is treated to bending on grass, this stiffness in lower pelvic region."

Kukushkin next faces second seed Rafael Nadal, who was a 4-6, 7-6 (8), 6-4, 6-4 winner over Lukas Rosol.

THE CANADIAN PRESS

Quoted

"I was just really trying to go for my shots. It just took a little bit of time but I'm happy I adapted and really kind of moved forward without looking back in the second."

Montreal's Eugenie Bouchard

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Horoscopes

Aries
March 21 - April 20
Take care of family matters today. You will not only have the desire to do something about them but partners will for once be co-operative, so make the most of the situation and spread a little happiness.

Taurus
April 21 - May 21
Short trips will be productive today, so don't stay in one place for too long. The more you are on the move the more likely it is you will meet people who can be of some use to you.

Gemini
May 22 - June 21
What happens today will remind you that money is not the most important thing in the world. Yes, you need to make a living but that does not mean you should put material things ahead of everything else.

Cancer
June 22 - July 23
A new moon in your birth sign today gives you an advantage over most people and you would be a fool not to take advantage of it. You may not have this much energy for quite a while, so be amazing.

Leo
July 24 - Aug. 23
You have nothing to fear and everything to look forward to and the more you repeat that phrase to yourself today the more likely it is you will have a great time.

Virgo
Aug. 24 - Sept. 23
Today's new moon suggests you can take a leadership role in group activities. Others will follow you willingly if you are willing to take more responsibility. Lead from the front.

Libra
Sept. 24 - Oct. 23
You can expect something big to happen on the work front over the next few days. But why wait for things to happen to you? Show those in power you're ready to be promoted.

Scorpio
Oct. 24 - Nov. 22
Because today's new moon falls in one of the more expansive areas of your chart your thoughts will be positive. What you think about now will be your reality later on.

Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in one of the more sensitive areas of your chart may give you a negative view of life but it does not have to be that way. What happens over the next 24 hours will confirm that you are loved.

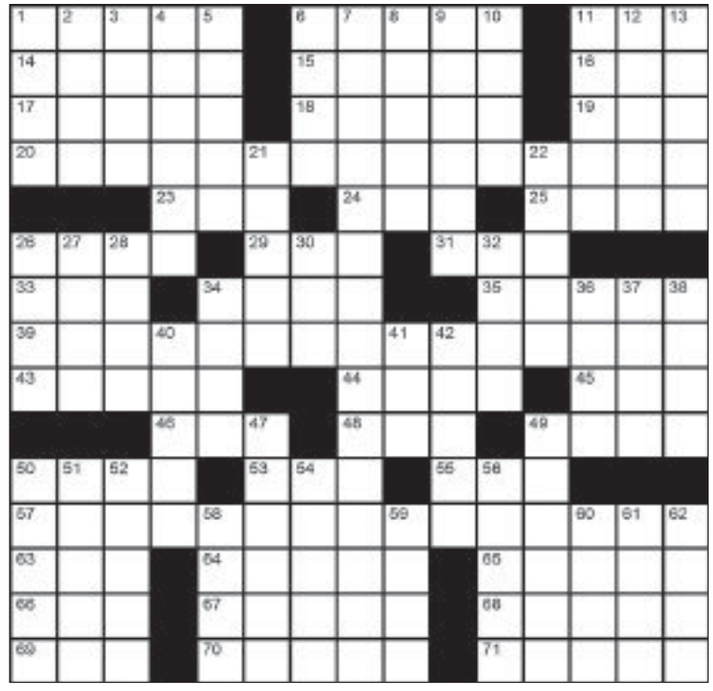
Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means that partners and loved ones will be full of themselves over the next 24 hours. Instead of getting angry about it why don't you join in the fun?

Aquarius
Jan. 21 - Feb. 19
Others insist that you work harder but don't do it. You may have time and energy at your disposal but you should be using it to further your own aims, not the aims of others.

Pisces
Feb. 20 - March 20
Today's new moon in the most dynamic area of your chart endows you with confidence and energy. Whatever you put your mind to will be a success. But don't spread yourself too thin. SALLY BROMPTON

Crossword: Canada Across and Down

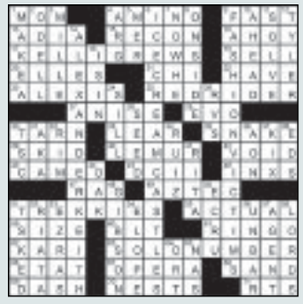
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Legendary Newfoundland sketch comedy troupe
6. Soap brand
11. Game-on-the-green org.
14. Former
15. Open-mouthed
16. Alternatives
17. On ___ (Doing fantastic)
18. Within the law
19. 'Not' in Nice?
20. Greenhouse gas guzzler's global gait: 2 wds.
23. She gave Odysseus a veil
24. E-I connection
25. Halts
26. Office cabinet's one-of-some
29. Tommy Jones link
31. Feminine side
33. Ruckus
34. Comedy: The __ Brothers
35. Principle
39. What Amity Island's mayor is very reluctant about in "Jaws" (1975) given that it's tourist season: 3 wds.
43. Bon __ (Fictional Louisiana setting of "True Blood")
44. 'Resist' suffix
45. __ Beta Kappa
46. "__ showtime!"
48. Name: French
49. Comprehends
50. Buggy
53. Cdn. business since 1670
55. Actor Mr. Townsend, to pals
57. Richard Burton's bride in 1964 when they were wed in Montreal: 2 wds.
63. Fared
64. Humphrey Bogart's nickname
65. Perhaps
66. Ottawa's Carling, e.g.
67. Helicopter part
68. Miscalculated
69. Hi-__ graphics
70. "House of the Rising Sun" bit: "...and God I know __ __."
71. Doesn't depart

Down
1. Canadian politics channel
2. Odd, to a Scot
3. Designer fashion brand
4. "Bubbly" by __ Caillat
5. Acrylic fabric
6. Baby bovine
7. "Transformers: __ __ __" (2014)
8. City in Quebec
9. Indifference
10. Fido's cry!
11. Make a brief visit: 2 wds.
12. Newfoundland's __ Banks
13. Helpers, for short
21. Baseball's Mr. Ryan
22. Ms. Zellweger
26. Bit of truth
27. Don't __ (Green-driving 'do')
28. Weaving machine
30. Energy unit
32. "The Way We Were" bit: "Can __ __ that...?"
34. Spray
36. Scruff
37. Authentic
38. "Analyze __" (1999)
40. 1972 Olympic swimming great Mark
41. "Game of Thrones" network
42. Freddy K.'s haunt: 2 wds.
47. '50s hit for Toronto quartet The Crewcuts: "__-__"
49. Edifice Marie-__ (Quebec City's tallest building)
50. Aromatic tree
51. Still has a pulse
52. Drives
54. "I __ __ differ..."
56. De-wilds
58. Dugout shelter
59 "__ Comes the Sun" by The Beatles
60. Opera __ Ottawa (Professional opera company)
61. Comply
62. Wine hues

Yesterday's Crossword



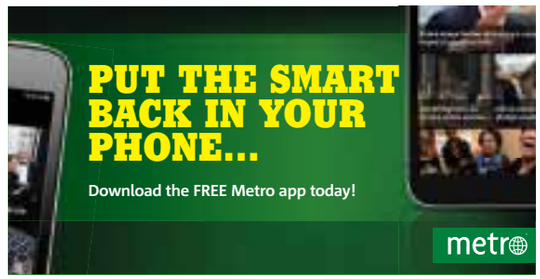
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	3				1		
			2	1				6
9					6			2
		9	4		1		3	
	5			7			6	
	8		5		2	7		
8			3					4
4				5	7			
		7				9	5	

Yesterday's Sudoku

4	7	3	1	9	5	2	8	6
6	2	8	3	7	4	1	5	9
1	9	5	2	6	8	3	7	4
8	1	7	5	3	6	9	4	2
3	5	2	9	4	1	8	6	7
9	6	4	7	8	2	5	3	1
7	8	9	4	1	3	6	2	5
2	3	1	6	5	7	4	9	8
5	4	6	8	2	9	7	1	3



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